



EOTR Paul L Dunbar FRIENDSHIP CAFÉ
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Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
Sandra Jackson, Nutrition Aide
Melanie Dailey, Recreation Coordinator

**February
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm- Weekend Recap 12pm-1pm LUNCH 1pm-2pm-CHAT HOUR</p>	<p>3. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm-Trip Planning 12pm-1pm LUNCH 1pm-2pm Diabetes Education w. Irwin Royster</p>	<p>4. 10am-10:30am- Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm-Valentines Day Door Reef Making 12pm-1pm-LUNCH 1pm-2pm-ARTS N' CRAFTS</p>	<p>5. 10am-10:30am- Coffee/Teatime 10:30am-11am- Virtual Exercise 11am-12pm-BLACK HISTORY STORY TELLING 12pm-1pm-LUNCH 1pm-2pm-RESIN ART Excursion: Amish Market & DD's 10am-2pm 9701 Fort Meade Rd, Laurel, MD 20707</p>	<p>6. 10am-10:30am Coffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm in Person LIVE! Chef Démonstration w. UDC Chef Herb 12pm-1pm LUNCH 1pm-2pm Dominoes</p>	
<p>9. 10am-10:30am- Coffee/Teatime 10:30am-11am- Virtual Exercise 11am-12pm- Weekend Recap 12pm-1pm-LUNCH 1pm-2pm-CHAT</p>	<p>10. 10am-10:30am- Coffee/Teatime 10:30am-11am-Virtual Exercise 11am-12pm DIY: BODY SCRUB w. Ms. ZEE 12pm-1pm-LUNCH 1pm-2pm-Decorate your body SCRUB</p>	<p>11. 10am-10:30am- Coffee/Teatime 10:30am-11am-Virtual Exercise 11am-12pm- TRANSPORTATION TRAINING w. Capitol Hill Village 12pm-1pm LUNCH 1pm-2pm BINGO Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm</p>	<p>12. 10am-10:30am- Coffee/Teatime 10:30am-12:00pm Mental Health w. Maryanne Henderson 12pm-1pm LUNCH 1pm-2pm-GET READY VAL DAY</p>	<p>13. 10am-10:30am- Coffee/Teatime 10:30am-11am- KARAOKE 11am-12pm-Spirit Club IN PERSON 12pm-1pm LUNCH 1pm-2pm-BINGO VALENTINES DAY FUN!</p>	

16.

WE WILL BE CLOSED ON

PRESIDENTS DAY



www.freedom-signs.com

17.

10am-10:30am-
Coffee/Teatime
10:30am-12:00pm
Mental Health
Counseling w. Dr.
Crawford
12pm-1pm LUNCH
1pm-2pm Diabetes
Education w. Irwin
Royster

18.

10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-Holiday Pot
making
12pm-1pm LUNCH
1pm-2pm-MAKING
POTHOLDERS

19.

10am-10:30am-
Coffee/Teatime
10:30am-11am-
Virtual Exercise
11am-12pm-SEVEN
12pm-1pm LUNCH
1pm-2pm-SEVEN

20.

10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-MUSIC
HOUR
12pm-1pm LUNCH
1pm-2pm-BINGO
Excursion:
TGI FRIDAY
10am-2pm
12281 Tech Rd, Silver
Spring, MD 20904

FEBRUARY IS
AMD/LOW VISION
AWARENESS MONTH

23.
10am-10:30am-
Coffee/Teatime
10:30am-11am-
Virtual Exercise
11am-12pm-Weekend
Recap
12pm-1pm-LUNCH
1pm-2pm-CHAT
TIME

24.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-DANCE
HOUR
12pm-1pm LUNCH
1pm-2pm-JIGSAW
PUZZLES

25.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-DIY BODY
BUTTER MAKING
12pm-1pm LUNCH
1pm-2pm-KAROAKE

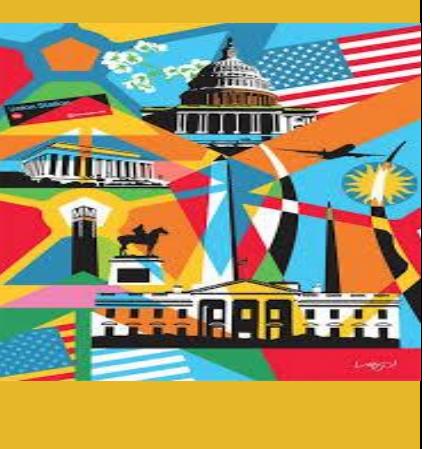
26.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-Nutrition
w. Nutritionist Renee
Afryka
12pm-1pm LUNCH
1pm-2pm-SPADES

27.
10am-10:30am-
Coffee/Teatime
10:30am-11am-Virtual
Exercise
11am-12pm-MUSIC
HOUR
12pm-1pm-LUNCH
1pm-2pm-BINGO

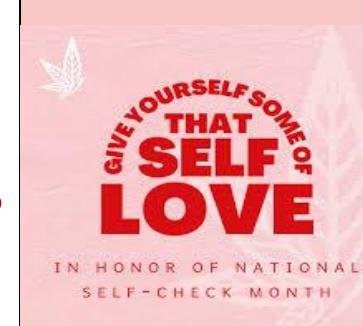
February
is.....American Heart Month, Cholangiocarcinoma Awareness Month, Gallbladder and Bile Duct Cancer Awareness Month, International Prenatal Infection Prevention Month, Low Vision Awareness Month, Marfan Syndrome Awareness Month, National Cancer Prevention Month, National Children's Dental Health Month, National Self-Check Month, Raynaud's Awareness Month, Teen Dating Violence Prevention Month

February is International
Prenatal Infection
Prevention Month

*"Love is not only
something you feel,
it is something you
do"*
~ David Wilkerson.



*"Love cures
people—both the
ones who give it
and the ones who
receive it"
~ Karl A.
Menninger.*



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